# Set Yourself Free: The Power of Forgiveness with Release

*(The material in this document is a summary of a Mike Parsons mentoring video,[1] constituted by NoteGPT[2])*

## Core Points

1. **Forgiveness is a Choice That Frees You**
   Forgiveness is not about emotions or desires but a deliberate decision to release someone from the offense they caused. This act frees the forgiver, not the offender, freeing their heart from ongoing toxic effects.
2. **Unforgiveness Harms the Forgiver, Not the Offender**
   Holding onto unforgiveness damages the person who refuses to forgive. The offender's actions are separate from the choice to forgive, which is based on the forgiveness granted by God.
3. **True Forgiveness Requires Settling Accounts and Cancelling Debt**
   Forgiveness is incomplete if you only say "I forgive" but do not settle the spiritual or emotional debts caused by the offense. Creating an "invoice" for what is owed and then cancelling it is essential for releasing the offense fully.
4. **The Seed and Fruit Analogy of Offense**
   An offense is like a seed planted in the heart that grows into bitterness and resentment (the fruit). If unforgiveness persists, it hardens into a toxic, dead area in the heart, preventing healing and growth.
5. **Forgiveness Does Not Depend on the Offender's Repentance**
   Forgiveness is unconditional and independent of the offender's apology, repentance, or change. It is for the forgiveness seeker's freedom and healing.
6. **God's Forgiveness as the Basis for Human Forgiveness**
   Believers are empowered to forgive because God has forgiven them unconditionally through Jesus' sacrifice. Forgiveness models God's grace, which is unconditional and not contingent on human merit.
7. **Releasing Offenders Cancels Their Debt and Removes Their Power**
   When you cancel the "debt" someone owes you for offences, you remove their power to control your emotions or behaviour. They no longer hold sway over your life.
8. **Forgiveness Enables Relationship Healing, But Reconciliation Is Not Always Possible**
   Forgiveness can lead to restored relationships but is not dependent on reconciliation. It is possible and often necessary to forgive without re-engaging harmful or abusive relationships.
9. **Forgiveness Frees the Heart to Receive God's Blessing and Love**
   When the offense is removed, the heart becomes good soil for God to cultivate love, peace, and blessing—otherwise, bitterness chokes spiritual growth.
10. **Real Forgiveness Is Proven by Wanting Blessing for the Offender**
    A true sign of forgiveness is the genuine desire for the offender's well-being and blessing, even if they do not deserve it.

## Key Conclusions

1. **Choosing to Forgive Is Essential for Emotional and Spiritual Freedom**
   Forgiving releases you from being trapped in bitterness and resentment, which are spiritually and emotionally toxic. It is a necessary step to restore peace and joy.
2. **Holding onto Offences Is Like Drinking Poison**
   Unforgiveness harms the individual holding it, not the offender. It acts as self-inflicted emotional torture, and without releasing it, the pain only worsens.
3. **Forgiveness Requires Complete Emotional Clearance**
   Partial forgiveness—where the offense is acknowledged but the debt is not cancelled—leaves the heart poisoned and tethered to the offender and offense. True freedom needs root clearing.

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1 – Mike Parsons (3-8-2026) "How to Truly Forgive Someone and Set Yourself Free" youtu.be/UaPPE6NbF-s [0:00-34:03]
2 – notegpt.io

4. **The Process of Forgiveness May Involve Dealing with Deep and Longstanding Hurts**
   Childhood abuse, betrayal, or neglect plant seeds of offense that affect future relationships and emotional health. These must be consciously forgiven and released for healing.
5. **Forgiveness Does Not Excuse the Offense But Holds Offenders Accountable**
   Forgiveness involves recognizing the full impact of an offense honestly ("making an invoice") before cancelling the debt and setting yourself free.
6. **God Provides What Others Could Not**
   Often, those who hurt us were incapable of fulfilling their roles (e.g., a bad parent). Forgiving them releases unrealistic expectations and opens us to receive God's perfect love and provision.
7. **Unconditional Forgiveness Reflects Divine Grace and Justification**
   By forgiving and cancelling the debt, you judge the offender "innocent" in the spiritual sense, as God does with us, enabling both your freedom and their potential blessing.
8. **Forgiveness Is More About Your Freedom Than Offender's Justice**
   Waiting for an offender's repentance or apology delays your freedom unnecessarily. Forgive freely to live fully, even if reconciliation never occurs.
9. **Forgiveness Empowers You to Move Beyond the Past and Receive God's Plan for Your Future**
   Letting go of the past offences frees you to embrace joy, peace, and the future blessings God has designed for your life.
10. **Forgiveness Includes Wise Boundaries**
    Forgiving someone doesn't mean re-entering the same abusive or harmful situation. It is possible to forgive but also protect oneself with wisdom and appropriate distance.

## Important Details

1. **Forgiveness Is Not Emotional but Decisional**
   The choice to forgive does not rely on feeling like forgiving or wanting to do so. It is a conscious act empowered by the fact that God has forgiven us.
2. **"Making an Invoice" as a Metaphor**
   This involves honestly accounting for the offences and their impact in life—emotional, relational, psychological—and recognizing the debt owed by the offender.
3. **Effects of Unforgiveness Include Resentment, Bitterness, and Heart Hardness**
   Unforgiveness creates a "hard soil" in the heart that blocks all spiritual and emotional growth. This "toxic residue" affects other relationships and limits personal flourishing.
4. **Example of Forgiving a Parent**
   The speaker shared a personal story of forgiving a father who did not fulfil his role as a loving parent, illustrating how releasing that debt opened space to accept God's fatherly love and become a better parent.
5. **Betrayal as a Repeated Painful Cycle**
   Untreated offense creates a "bitter root judgement," attracting similar painful experiences repeatedly. Forgiveness breaks the cycle and frees the person from repeated betrayal.
6. **Forgiving Those Who Have Passed Away**
   Forgiveness applies even if the offender has died, since the offense still impacts the heart until released.
7. **Unforgiveness Can Lead to Depression and Toxic Emotions**
   The mental and emotional toll of unforgiveness can be severe, feeding despair and spiritual deadness.
8. **No Expectation of Offender's Improvement Needed**
   Forgiveness removes the need for offenders to repay, make amends, or change; it is unconditional.
9. **Forgiveness Is the Foundation for Spiritual Healing and Restoration**
   After cancellation of the offence's debt, God can "soften" and heal the heart, restoring relationship with God and others.
10. **Boundaries and Safe Distance in Abusive Situations**
    Forgiveness doesn't require resuming contact with abusive or harmful people. Loving oneself enough to avoid re-exposure while forgiving is wise and necessary.

11. **Judgement vs. Mercy in Forgiveness**
    Forgiving is not judging the offender as guilty but granting mercy, allowing God to work in their life. Holding judgement blocks God's blessing on them and keeps the forgiver bound.
12. **Forgiveness Enables You to Truly Bless the Offender**
    A heart free of offense naturally desires blessing for the offender, reflecting the grace extended by God.
13. **Forgiveness Is a Continuous Process for Some Issues**
    Deep offences may require returning to forgiveness repeatedly until complete freedom occurs.
14. **The Role of God's Empowerment**
    Forgiveness is not done alone but requires God's help to identify offences, assess their effects, and empower the release.
15. **Practical Steps: Permission to Forgive without Waiting**
    Forgive proactively, even if the offender doesn't ask for forgiveness or if reconciliation is impossible. Waiting prolongs bondage.
16. **Personal Healing Leads to Better Relational Outcomes**
    Forgiving painful relational wounds (like parental neglect or betrayal) frees one to establish healthier relationships and emotional wellbeing.

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This summary emphasizes the profound spiritual and emotional dimensions of forgiveness as an unconditional, decisive act to cancel debts owed by offenders, ensuring the freedom of the forgiver, preparing the heart for healing by God, and enabling a life of blessing, peace, and restored relationships.

SOURCE:

Mike Parsons "How to Truly Forgive Someone and Set Yourself Free" LINK

►►My archived teaching articles are HERE, HERE & HERE ◄◄

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